



Meeting Your Needs. At Home. At Sea.

Workshop Listings

April

Workshop Listings	Date	Time	Location
Stress Management	04 Apr	0900-1030	Ceremonial Guard
Suicide Awareness	05 Apr	1300-1500	FFSC
CONSEP for Midtermers (Career Options & Navy Skills Evaluation Program)	11-14 Apr	0800-1600	FFSC
PREP (Prevention and Relationship Enhancement Program)	12 Apr	0800-1200	Henderson Hall
Resume Writing	13 Apr	0900-1100	FFSC
Sponsorship Training	13 Apr	1330-1500	FFSC
PREP (Prevention and Relationship Enhancement Program)	14 Apr	0800-1230	Henderson Hall
Cash Flow Friday	14 Apr	1300-1400	FFSC
**CFS Training (Command Financial Specialist)	17-21 Apr	0800-1600	FFSC
Parenting	18 Apr	1030-1400	NNMC
Conflict Resolution	19 Apr	0900-0930	FFSC
Preparing to become a Single Parent	20 Apr	0900-1500	FFSC
CONSEP for 1 st Termer (Career Options & Navy Skills Evaluation Program)	24-27 Apr	0800-1600	FFSC
SAVI Refresher	24 Apr	0730-1230	FFSC
Smart Emotions	25 Apr	0800-1500	FFSC
Smooth Move	25 Apr	0900-1200	FFSC
Self-Esteem Building	27 Apr	0900-1100	FFSC
Assertiveness Training	27 Apr	1300-1500	FFSC
VA Brief (Veteran's Affairs)	28 Apr	0830-1530	FFSC

May

Stress Management	02 May	0900-1000	FFSC
Anger Management	02 May	1300-1500	FFSC
**SAVI Training (Sexual Assault Victim Intervention)	08-11 May	0730-1530	FFSC
Effective Communications	10 May	1300-1500	FFSC
Budgeting for Baby	11 May	0900-1500	FFSC
Pre-Deployment Brief	11 May	1330-1500	FFSC
Cash Flow Friday	12 May	1300-1600	FFSC
Parenting	16 May	1030-1400	NNMC
Financial Independence Training (FIT 1&2):			
• Banking and Financial Services	17 May	0900-1000	FFSC
• Developing Your Spending Plan	17 May	1000-1100	FFSC
• Savings and Investing	17 May	1100-1200	FFSC
• Insurance	17 May	1300-1400	FFSC
• Paying for College	17 May	1400-1500	FFSC
• Retirement Planning	17 May	1500-1600	FFSC

Financial Independence Training (FIT 3&4):

• Car Buying Strategies	18 May	0900-1000	FFSC
• Consumer Awareness	18 May	1000-1100	FFSC
• Credit Management	18 May	1100-1200	FFSC
• Financial Planning for Deployment	18 May	1300-1400	FFSC
• Military Pay Issues	18 May	1400-1500	FFSC
• Money and the Move	18 May	1500-1600	FFSC
**SAVI Refresher (Sexual Assault Victim Intervention)	23 May	0730-1230	FFSC
Smart Emotions	23 May	0800-1500	FFSC
Smooth Move/Overseas Planning	23 May	0900-1200	FFSC
Resume Writing	25 May	0900-1100	FFSC
VA Brief (Veteran's Affairs)	26 May	0830-1530	FFSC

June

**SAVI Refresher (Sexual Assault Victim Intervention)	07 Jun	0730-1230	FFSC
New Spouse Orientation	07 Jun	0900-1500	FFSC
"It's Your Move" (A game plan for Investing)	07 Jun	1300-1600	FFSC
A training course only			
Cash Flow Friday	09 Jun	1300-1600	FFSC
**SAVI Training (Sexual Assault Victim Intervention)	13-16 Jun	0730-1530	FFSC
"It's Your Move" (A game plan for Investing)	14 Jun	1300-1600	FFSC

A training course only

Financial Independence Training (FIT 3&4):

• Car Buying Strategies	15 Jun	0900-1000	FFSC
• Consumer Awareness	15 Jun	1000-1100	FFSC
• Credit Management	15 Jun	1100-1200	FFSC
• Financial Planning for Deployment	15 Jun	1300-1400	FFSC
• Military Pay Issues	15 Jun	1400-1500	FFSC
• Money and the Move	15 Jun	1500-1600	FFSC
Parenting	20 Jun	1030-1400	NNMC
Federal Employment	20 Jun	1300-1500	FFSC
Financial Independence Training (FIT 1)			
• Banking and Financial Services	21 Jun	0900-1000	FFSC
• Developing Your Spending Plan	21 Jun	1000-1100	FFSC
• Saving and Investing	21 Jun	1100-1200	FFSC
"It's Your Move" (A game plan for Investing)	21 Jun	1300-1600	FFSC
A training course only			
Home Buying	22 Jun	1300-1600	FFSC
Smart Emotions	27 Jun	0800-1500	FFSC
Smooth Move	27 Jun	0900-1200	FFSC
VA Brief (Veteran's Affairs)	30 Jun	0830-1530	FFSC

**** Must attend all classes in order to be certified.**

Registration is mandatory for all classes.

Insufficient enrollment may force cancellation. All classes are open to active duty service members, spouses, retirees and civilians affected by base realignment. Workshops are open to DoD civilians on a space available basis.

To register: Call (202) 433-6151, DSN 288-6151

Does your command have a Command Representative?

They're your first line of defense when service members need assistance with relocating, seeking employment, writing that first resume or simply to get information.

Contact Jacqueline Hayes to get the Command Rep Program started in your command.

Our number is (202) 433-6151.